



SHREDDED BEEF CHILI

Recipe adapted from Recipetineats

INGREDIENTS

- 2 lbs of unseasoned shredded beef
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 4 cloves of garlic, minced
- 1 onion, diced
- 1 red pepper, diced
- 1 3/4 cup of beef broth, or water
- 1 28-oz can of red kidney beans
- 1 28-oz can of crushed tomato
- 1/4 cup of tomato paste
- 1 tsp each of cummin, onion powder, garlic powder, oregano, paprika
- 3 tbsp cornstarch

DIRECTIONS

1. Place olive oil, onion, garlic, and red pepper into pot or dutch oven on medium heat until carmelized, around 2-3 minutes.
2. Pour 1/2 cup of beef broth, bring to simmer, scraping the bottom of the pot or dutch oven to dissolve brown bits into the liquid.
3. Add thawed shredded beef and 1/2 cup beef broth (or water) in pot.
4. Add the beans, tomatoes, tomato paste, 1 cup of beef broth and spices.
5. Simmer for 1-2 hours covered.
6. Mix cornflour and 1/4 cup beef broth and pour into pot or dutch oven. Simmer for 20 more minutes to allow sauce to thicken.
7. Serve with garnishes of choice, such as sour cream, guacamole or diced avocado, shredded cheese, cilantro. Serve either with corn chips or cornbread for dunking, or serve over rice!

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